

MARSH CREEK TRACK OUT X-PRESS PROGRAM – TRACK 2

November 14th – 18th, 2016 Theme: Holiday Madness



Monday, 11/14/2016

	7:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Gym Games: Beach Volley Ball	Classroom: Get to know friends	Lunch and Down Time	Clinic: Autumn Leaves	Art Project/ Classroom: Rubbing Leaves	Outside: Lower Deck	Lower Deck: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Multipurpose: Get to know friends	Gym Games: Volley Ball	Lunch and Down Time	Clinic: Autumn Leaves	Art Project/ Multipurpose: Rubbing Leaves	Outside: Playground	Lower Deck: Afternoon Snack	ASX Activities

Tuesday, 11/15/2016

	7:00-9:00	9:00-10:00	10:00-11:00	11:00-11:30	11:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Classroom: Hang-Spider	Lunch and Down Time	NC Museum of Natural Science 12:00-2:00 Pick Up Time: 11:30am Drop Off Time: 2:30pm	Gym Game Crocodile Island	Outside: Playground	Lower Deck: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Multipurpose: Brain Teasers	Lunch and Down Time		Gym Game Crocodile Island	Outside: Lower Deck	Lower Deck: Afternoon Snack	ASX Activities

Wednesday, 11/16/2016

	7:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Art Project: Fall Fuse Beads	Multipurpose: Ultimate Silent Ball	Lunch and Down Time	Outside: Playground	Gym: Color Guard	Classroom: Math Quiz Bowl	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Gym Game: Block "N" Bowl	Art Project: Fall Fuse Beads	Lunch and Down Time	Multipurpose: Alphabet Minute Challenge	Outside: Playground	Multipurpose: Corn hole	Multipurpose 1: Afternoon Snack	ASX Activities

Thursday, 11/17/2016

	7:00-9:00	9:00-9:30	9:30-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Sky Zone (Raleigh) 10:00-11:30 Pick Up Time: 9:30am Drop Off Time: 12:00pm	Lunch and Down Time	Gym Game: Bean Bag Relay	Dance/Drama: Play, Skit, Perform	Classroom: Alphabet Minute Challenge	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly		Lunch and Down Time	Classroom: Guesstures	Multipurpose: Ga-Ga Ball	Dance/Drama: Play, Skit, Perform	Multipurpose 1: Afternoon Snack	ASX Activities

Friday, 11/18/2016

	7:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Science/Nature Multipurpose: Erupting Volcanoes	Fall Feast and Thanksgiving Crafts!!	Lunch and Down Time	Multipurpose: Musical Chairs	Outside: Playground	Gym Game: Human Pin Ball	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Science/Nature Classroom: Erupting Volcanoes		Lunch and Down Time	Outside: Playground	Gym Game: Human Pin Ball	Multipurpose: Musical Chairs	Multipurpose 1: Afternoon Snack	ASX Activities



ARTS/CRAFTS



FOOD EXPERIENCE



DANCE / DRAMA / MOVEMENT



FIELD TRIP



CLINIC



SCIENCE / NATURE

MARSH CREEK TRACK OUT X-PRESS PROGRAM – TRACK 2

November 21st – 25th, 2016 Theme: Holiday Madness



Monday, 11/21/2016

	7:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Multipurpose: Domino Challenge	Clinic Classroom: Health	Lunch and Down Time	Art Project Classroom: Healthy Food Collage	Gym Game: Baseball	Multipurpose: Double Telephone	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Gym Game: Baseball	Clinic Multipurpose: Health	Lunch and Down Time	Multipurpose: Double Telephone	Art Project Classroom: Healthy Food Collage	Outside: Playground	Multipurpose 1: Afternoon Snack	ASX Activities

Tuesday, 11/22/2016

	7:00-9:00	9:00-9:45	9:45-2:15				2:15-3:15	3:15-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	NC Museum of Life & Science 10:30-1:30 Pick Up Time: 9:45am Drop Off Time: 2:15pm				Multipurpose: Four Corners	Dance/Drama: Emotional Relay Race	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly					Dance/Drama: Emotional Relay Race	Gym Game: Crossover Dodgeball	Multipurpose 1: Afternoon Snack	ASX Activities

Wednesday, 11/23/2016

	7:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Gym Game: In the Zone	Food Experience Classroom: Create your own Turkey	Lunch and Down Time	Outside: Playground	Science/Nature Classroom: Creative Bird Feeders	Computer Lab: Mario Cart	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Food Experience Classroom: Create your own Turkey	Multipurpose: Word Problem Challenge	Lunch and Down Time	Computer Lab: Mario Cart	Science/Nature Multipurpose: Creative Bird Feeders	Outside: Playground	Multipurpose 1: Afternoon Snack	ASX Activities

Thursday, 11/24/2016

<h2 style="text-align: center;">City Holiday Programs Closed</h2>										
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Friday, 11/25/2016

<h2 style="text-align: center;">City Holiday Programs Closed</h2>										
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ARTS/CRAFTS



FOOD EXPERIENCE



DANCE / DRAMA / MOVEMENT



FIELD TRIP



CLINIC



SCIENCE / NATURE

MARSH CREEK TRACK OUT X-PRESS PROGRAM – TRACK 2

November 28th – December 2nd, 2016 Theme: Holiday Madness



Monday, 11/28/2016 ***Spirit Week*** ***Sports Day***

	7:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Gym Game: Cross Fire	Clinic Groups 1&2: Zumba	Lunch and Down Time	Art Project: Scarecrow Magnet	Outside: Playground	Multipurpose: Jumbo Connect four Challenge	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Art Project: Scarecrow Magnet		Lunch and Down Time	Outside: Playground	Multipurpose: Jumbo Connect four Challenge	Gym Game: Star Wars Dodgeball	Multipurpose 1: Afternoon Snack	ASX Activities

Tuesday, 11/29/2016 ***Crazy Sock Day***

	7:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Multipurpose: Back to Back	Pump It Up 11:00-12:30 Pick Up Time: 10:30am Drop Off Time: 1:00pm	Lunch and Down Time	Gym Game: No-Contact Football	Multipurpose A: Telephone	Lower Deck: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Gym Game: No-Contact Football		Lunch and Down Time	Classroom: Crimes for Detectives	Multipurpose B: Alphabet Letters	Lower Deck: Afternoon Snack	ASX Activities

Wednesday, 11/30/2016 ***Pajama Day***

	7:00-9:30	9:00-9:45	10:00-10:45	11:00-11:45	12:00-1:15	1:30-3:00	3:15-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Gym Game: Mat Ball	Art Project: Stainless Glass Kit	Lunch and Down Time	Groups 1 & 2 Movie	Science/Nature Multipurpose: Inflate a Balloon	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Art Project: Stainless Glass Kit	Gym Game: Mat Ball	Lunch and Down Time		Science/Nature Classroom: Inflate a Balloon	Multipurpose 1: Afternoon Snack	ASX Activities

Thursday, 12/1/2016 ***Twin Day***

	7:00-9:30	9:00-9:45	10:00-10:45	11:00-11:45	11:50-2:55	3:00-3:45	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Classroom: Pictionary	Lunch and Down Time	Buffaloe Road Aquatic Center 12:20-2:05 Pick Up Time: 11:50am Drop Off Time: 2:55pm	Gym Game: Mission Impossible	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Gym Game: Hockey	Lunch and Down Time		Outside: Playground	Multipurpose 1: Afternoon Snack	ASX Activities

Friday, 12/2/2016 ***Early Release*** ***Super Hero Day***

	7:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Computer/ iPads	Outside: Lower Deck	Lunch and Down Time	Multipurpose: Spelling Bee Contest	Gym Game: Star Wars Dodgeball	Dance/Drama: Functional Performance	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Multipurpose: Spelling Bee Contest	Computer/ iPads	Lunch and Down Time	Gym Game: Run the Canyon	Dance/Drama: Functional Performance	Outside: Lower Deck	Multipurpose 1: Afternoon Snack	ASX Activities



ARTS/CRAFTS



FOOD EXPERIENCE



DANCE / DRAMA / MOVEMENT



FIELD TRIP



CLINIC



SCIENCE / NATURE

Marsh Creek Track Out

Track 2 - Week 1



Field Trip Information!

Natural Science Museum

11 West Jones Street, Raleigh, NC 27601

919-870-7947

Campers will get up close and personal with nature and science as they explore the Museum of Natural Science!

Sky Zone

2101 Westinghouse Boulevard, Raleigh, NC 27604

919-948-4450

Participants will get to experience weightless bouncing at one of Raleigh's indoor trampoline facilities. Children will have unlimited access to all jumping areas. **This trip will require an ONLINE waiver to be completed by each child's parent/guardian.**

Reminders

Bring daily

- 1 lunch
- 2 snacks
- Blanket or Towel (for Down Time)

Field Trips

- Wear blue field trip shirt
- No additional money is needed for any field trips
- Complete online field trip waiver

Remember Green & White Key Tag and/or Photo ID when picking-up participants

Marsh Creek Track Out

Track 2 - Week 2



Field Trip Information!

Museum of Life & Science

433 West Murray Street, Durham, NC 27704

919-220-5429

At the Museum of Life and Science, campers will experience an adventure while exploring the Museum, the largest Butterfly House on the East Coast and over 60 species of animals!

Reminders

Bring daily

- 1 lunch
- 2 snacks
- Blanket or Towel (for Down Time)

Field Trips

- Wear blue field trip shirt
- No additional money is needed for any field trips

Remember Green & White Key Tag and/or Photo ID when picking-up participants

Marsh Creek Track Out

Track 2 - Week 3



Field Trip Information!

Pump It Up

10700 Suite 112, World Trade Boulevard, Raleigh, NC 27617

919-828-3344

Campers will have unlimited access to the many inflatables at Pump It Up. Please wear socks! **This trip will require a waiver to be signed by each child's parent/guardian.**

Buffaloe Road Aquatic Center

5908 Buffaloe Road, Raleigh, NC 27616

919-996-5600

Participants will get to experience a water slide, lazy river, water vortex, play areas and more at one of Raleigh's most unique Aquatics facility! Please pack a bathing suit and towel. Children are permitted to wear flip-flops to and from the pool ONLY. A swimming test will be administered for EVERY participant. If a child does not take the swim test or does not pass the test, they will be required to wear a lifejacket. All participants will be required to wear a **BLUE** wristband to identify them to their site. Participants who pass the swim test will also be required to wear a **GREEN** wristband (**GREEN=GO**) in addition to the **BLUE** wristband.

Reminders

Bring daily

- 1 lunch
- 2 snacks
- Blanket or Towel (for Down Time)

Field Trips

- Wear blue field trip shirt
- No additional money is needed for any field trips
- Sign field trip waiver

Remember Green & White Key Tag and/or Photo ID when picking-up participants